

Real Food Family's Meal Planning Outline

This is what works for our family's nutritional needs, budget and weekly schedule. Compare prices and quality options at various grocery stores, farm stands, etc., to create a weekly meal plan and shopping list that works.

- Roz Mignogna, NTP

*Search for recipes and mastering meal planning at RealFoodFamily.com

Breakfast Options

Days per week	Meal
2-3	"Eggs In A Hole" (or eggs with toast)
2-3	Breakfast Burritos
1	Soaked Oatmeal Custard or French Toast
1	From-scratch pancakes or waffles

Lunch Options

Days per week	Meal
2	Grilled Cheese + Veggies & Fruit or Salad
2	Quesadillas + Veggies & Fruit or Salad
3	Leftovers (sometimes as a salad or rice bowl)

Dinner Options

Days per week	Meal
1	Roasted Chicken and Vegetables
1	Chicken and Vegetable Soup (using bone broth)
1	Tacos or Burgers
1	Chili or Stew
1	Pasta, Noodle or Rice-Based Meal
1	Pizza night
1	Special Recipe

Snacks & Extras Options

Smoothies (<http://realfoodfamily.com/food/recipes/smoothies/>)

Crackers + Cheese

Platter of various items: Cheese, Veggies, Fruit, Hard-Boiled Eggs, Pickles, etc.

Yogurt + honey, crispy nuts, granola, berries, cinnamon, etc.

Peanut Butter & Jelly (the usual pack-up snack made by the kids)

Coffee + Tea

Hot Chocolate for special treats

Homemade dessert (usually pie, cookies or ice cream on the weekend)

Weekly Shopping List

Organic Produce

(\$200-\$250 per month)

Fresh:

Salad vegetables

Soup vegetables

Pizza vegetables

Fruit for snacks (bananas, apples, berries, seasonal favorites)
(vegetables for additional meals and snacks will be covered

by the list above, but you may want
to buy a few extras)

Frozen:

2 bags - strawberries

3 bags- blueberries

1 or 2 bags- mango chunks

Meat

(\$150-\$200 per month)

Roasting chicken

5-6 chicken drumsticks

chili or stew meat

sausage- 4-6 links

ground beef- 2 pounds per week

Optional meat or fish for "recipe night"

bacon (optional)

Miscellaneous

(\$30-\$50 per month)

extra ingredients for "recipe night"

drinking water (if you don't have a quality water purification
system)

toilet paper

paper towels

laundry soap

toothpaste

Dairy/Refrigerator

(\$200-\$280 per month)

Milk- 2 gallons per week

Butter- 3 pounds per week

Plain whole milk yogurt- 64 ounces per week

Sour Cream- 1 container per week

Eggs- 4 dozen per week

Cheese- 5 pieces per week (2 raw cheddar, mozzarella, gouda,
parmesan, etc.)

2 pizza doughs per week (if we don't make it ourselves)

Pantry

(\$200-\$400 per month, including monthly items)

*bread- 3-4 loaves per week

*tortillas- 20-40 per week

rolled oats for oatmeal

jam

peanut butter

*pickles

beans 2-4 dry pounds per week

tuna (packed in olive oil)

pasta- 2 pounds per week

rice- 4-6 dry cups per week

*pasta sauce

2 large juice per week

*snack foods

*We often make these foods from home- purchase ingredients
for the homemade version, if
needed.

Pantry-monthly or purchase-as-needed :

extra virgin olive oil

olive oil

coconut oil

balsamic vinegar

red wine vinegar

apple cider vinegar

ketchup

mustard

salt

pepper

cinnamon, vanilla and spices

Coffee & Tea

Cocoa powder

flour

sugar

maple syrup

raw honey

chocolate chips + treat recipe ingredients

We buy most of our household items for personal care and house cleaning using our doTERRA wholesale account.
Contact Roz@RealFoodFamily.com to get your own account!